

Volcanic Meatloaf - USDA Recipe D580

Meal Components: Vegetable - Beans / Peas, Vegetable - Other, Meat / Meat Alternate

D-68

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 cups		1 qt 2 cups	1. Rinse lentils and sort out any unwanted materials. Drain well. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 20 minutes. 2. Critical Control Point: Cool to 70 °F or lower within 2 hours and 40 °F or lower within 6 hours. 3. In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard, parsley, granulated garlic, onions, celery seed, pepper and cheese. Fold in lentils. Mix well.
*Lentils, red, dry	10 1/2 oz	1 2/3 cups	1 lb 5 oz	3 1/3 cups	
Raw ground beef (no more than 15% fat)	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	3 qt	
Nonfat milk		1 3/4 cups		3 1/2 cups	
Egg whites	5 1/2 oz	2/3 cup	11 oz	1 1/3 cups	
Oats, rolled, quick, dry	4 oz	1 1/8 cups	8 oz	2 1/4 cups	
Canned no-salt-added tomato	3 1/2 oz	1/3 cup	7 oz	2/3 cup	

yellow mustard	6 1/2 oz	3/4 cup	13 oz	1 1/2 cups
Dried parsley		3 Tbsp		1/4 cup
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Dehydrated onion flakes		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Celery seed		1 1/2 Tbsp		3 Tbsp
Ground black pepper		2 1/4 tsp		1 1/2 Tbsp
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	6 1/2 oz	1 3/4 cups	13 oz	2 1/2 cups

4. Portion using a No. 6 scoop (5 1/2 oz) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray.

5. Bake:

6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

7. Critical Control Point: Hold for hot service at 135 °F or higher.

8. If desired serve with catsup and mustard.

9. Serve 1 meatloaf.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Serving

NSLP/SBP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz equivalent meat/meat alternate.

Legume as Vegetable: 1 3/4 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, and 1/8 cup other vegetable.

CACFP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz meat/meat alternate.

Legume as Vegetable: 1 3/4 oz meat/meat alternate and 1/4 cup vegetable.

Marketing Guide

Food as Purchased for

25 Servings

25 Servings

Dry lentils, red

10 1/2 oz

1 lb 5 oz

Serving

Yield

Volume

See Notes

25 Servings: about 5 lb 8 oz

25 Servings: 25 meatloaves

50 Servings: about 11 lb

50 Servings: 50 meatloaves

Nutrients Per Serving					
Calories	179	Saturated Fat	3 g	Iron	2 mcg
Protein	16 g	Cholesterol	43 mg	Calcium	101 mg
Carbohydrate	9 g	Vitamin A	329 IU	Sodium	192 mg
Total Fat	8 g	Vitamin C	5 mg	Dietary Fiber	3 g